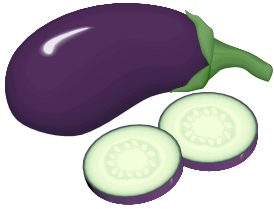


Pick a **better snack**[™] – THE COLOR WAY

EGGPLANT

Wash. Cook. Eat. How easy is that?



This purple skinned food (botanically a fruit) is low in calories and a boost to our health. Eggplant can be stuffed, baked, broiled, stir-fried or stewed. Because they are so porous, eggplant will absorb fat during cooking. To avoid this, some recipes recommend salting prior to cooking – a process of sprinkling the cut eggplant with salt to draw out the moisture and thus compact the flesh. It also reduces some of the bitter taste associated with eggplant. Using a stainless steel knife to remove the tough skin of mature eggplant will avoid blackening the flesh.

EASY EGGPLANT PIZZA'S

Wash and slice a young, tender eggplant into half inch slices. Arrange slices on a microwave safe dish. Cook at full power about 2 minutes for 4 slices. Spread about 1-2 tablespoons prepared spaghetti sauce on each slice. Top with a teaspoon of shredded mozzarella cheese. Return to microwave just long enough to melt cheese – about 30 seconds. Use as a snack or side dish.

RATATOUILLE

2 cups cubed, peeled eggplant
½ cup onion, sliced
1 clove garlic, minced
1 Tablespoon olive oil
½ cup green pepper
1.5 cups or 1 16 oz. can diced tomatoes
1 cup zucchini sliced
½ teaspoon dried basil or 1.5 teaspoons fresh
½ cup mozzarella cheese, shredded

Place eggplant, onion, garlic and oil in a 2 quart casserole. Cook in microwave on full power for 5 minutes. Layer peppers and zucchini over eggplant mixture. Add seasonings and tomatoes. Cook, covered on full power for 8-10 minutes or until vegetables are tender. Let stand covered for 5 minutes before serving.

Include [BLUE/PURPLE](#) fruits and vegetables in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.